

# Integrity

Counseling & Coaching

## EXPLAINING MISFORTUNE

*When bad things happen around me, I can view them as...*

PESSIMISTIC	OR	OPTIMISTIC
<b>Permanent</b> <ul style="list-style-type: none"> <li>• "With this screw-up, my career is over."</li> <li>• "Diets will never work for me."</li> <li>• "I'll never learn."</li> <li>• "I'm all burned out. No sense in trying."</li> </ul>	(Permanence)	<b>Temporary</b> <ul style="list-style-type: none"> <li>• "This mistake is a temporary setback."</li> <li>• "My diet isn't working yet, but I'll give it time."</li> <li>• "So far, I've repeated the same mistake."</li> <li>• "I'm exhausted right now."</li> </ul>
<b>Universal</b> <ul style="list-style-type: none"> <li>• "Therapists are total quacks."</li> <li>• "I'm absolutely repulsive."</li> <li>• "Self-help books are worthless."</li> </ul>	(Pervasiveness)	<b>Specific</b> <ul style="list-style-type: none"> <li>• "I didn't find my last therapist helpful."</li> <li>• "The dress I'm wearing today isn't flattering."</li> <li>• "This self-help book isn't doing it for me."</li> </ul>
<b>Hopeless</b> <ul style="list-style-type: none"> <li>• "Why bother? You can't fight City Hall."</li> <li>• "9 out of 10 of these soda caps are losers."</li> <li>• "I'm at the lowest point of my life."</li> </ul>	(Hopefulness)	<b>Hopeful</b> <ul style="list-style-type: none"> <li>• "You lose some, but you win some, too."</li> <li>• "There's a 1 in 10 chance I'll win."</li> <li>• "The only direction left is up."</li> </ul>
<b>Internal</b> <ul style="list-style-type: none"> <li>• "I'm stupid."</li> <li>• "I'm an insecure person."</li> <li>• "I am so unstable."</li> </ul>	(Personalization)	<b>External</b> <ul style="list-style-type: none"> <li>• "That was challenging."</li> <li>• "I didn't have a very stable upbringing."</li> <li>• "I'm dealing with a lot of stressful things."</li> </ul>

### BENEFITS OF OPTIMISM

More effective stress management  
 Longer, healthier life  
 Increased success, achievement, and goal accomplishment  
 Happier mood  
 Stronger immune system

Adapted from Seligman, M. (1998). *Learned optimism: How to change your mind and your life*. New York: Pocket Books.